

COVID-19 Protocol

2021 UCI BMX World Championships Papendal

Version 5.0 – 10-08-2021 –

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General Information

Covid-19

Covid-19 protocol

Hereby you receive the protocol details regarding Covid-19, to avoid outbreaks and infection on sport center Papendal. The sport center and the hotel have been working very hard to stay open and to create the possibility to execute and organize sports again. Therefore we ask you and the team to carefully respect their rules and read this message well.

Anyone not complying with the conditions of participation described in this protocol will not be eligible to stay at the sports center or hotel.

The rules in this protocol are to be respected but teams with even more strict rules are free to follow and execute their own protocol regarding testing etc.

The facilities of sports center Papendal will only be available to teams and athletes that stay at Hotel Papendal and / or Sports center Papendal and consequently follow this protocol.

Contacts Covid-19 LOC

Covid Coordinator	Haike Blommestijn	+31 6 5048 9417 Haike@tigsports.nl
Covid Doctor	Patrick van der Geest	+31 6 2299 8576

Conditions of participation BMX World Championships 2021

Participation in the 2021 UCI BMX World Championships will only be allowed if the following conditions are met:

- The production, on arrival, of at least one (1) negative covid-19 test result. To enter into the “event bubble” only Covid tests using the PCR technology are accepted (no antigen test). The test must be made max. 72 hours before arrival. The test report must be in English or bilingual with English as one of the languages.
- Anyone arriving without a test report certifying the negative PCR test will not be allowed to participate and to stay in the hotel.
Only healthy athletes who have been symptom-free for the last 14 days will arrive. We recommend the use of a COVID clinical suspicion questionnaire, to be completed daily. A questionnaire is proposed below as a suggestion (Figure 1).
- If you have any questions or concerns, please contact your coach or **Papendal Covid 19 coordinator Haïke Blommestijn (+31 6 5048 9417, Haïke@tigsports.nl)**.
- Participants and staff can only use Hotel Papendal or Hotel Van der Valk Arnhem. Staying in other hotels is not allowed.

Very important:

- **After doing the first test at home, stay isolated and avoid social contacts as much as possible!**
- **A person having any kind of symptoms (figure 1) should not even start the journey to the Netherlands (even with a negative PCR test)!**

Covid-19 questionnaire	
Fever > 38°C	4 pts
Cough and/or dyspnea	4 pts
Abnormal fatigue	4 pts
Anosmia and/or ageusia	3 pts
Stuffy nose or sore throat	2 pts
Nausea, vomiting, diarrhea	2 pt
Unusual myalgia	2 pts
Unusual headache	1 pt
< or = 3	a little suspicious
4 - 6	moderately suspicious → PCR test according to the context
> or = 7	highly suspicious → PCR test

Figure 1. Suggested screening questionnaire

Traveling to the Netherlands

Procedure to get a Note Verbale or invitation letter for the 2021 UCI BMX World Championships (from country with an entry ban)

- Participant and staff register with the UCI for the 2021 UCI BMX World Championships
- UCI provides the participant and staff list to the 2021 UCI BMX World Championship organization.
- Each participant and staff to the 2021 UCI BMX World Championships organisation receives a Note Verbale or invitation letter.
- If you travel to the Netherlands from or by way of a very high-risk area, you must complete a quarantine declaration form before entering the country:
<https://quarantinedeclaration.government.nl/en>
- UCI BMX World Championships organization shares the competitors list with the border police.

In addition, riders and staff outside Europe must comply with the usual entry regulations. For more information, please visit the website of the Dutch government: <https://www.government.nl/topics/coronavirus-covid-19/visiting-the-netherlands-from-abroad/exemptions-to-the-entry-ban/elite-athletes-and-their-support-staff>

(The PCR test required to enter the Netherlands can also be used as the PCR test for the event / Papendal)

For all Persons attending the 2021 UCI BMX World Championships (Riders, Team Staff, Mechanics etc), the quarantine obligation does not apply to those coming from very high risk area. See: [Exemptions to the mandatory quarantine requirement | Coronavirus COVID-19 | Government.nl](#)

COVID-19 Protocol

Sports Centre Papendal
&
Hotel Papendal
Hotel Van der Valk Arnhem

Before arrival at Papendal

We will require the following information and documents of your team:

- Name and surname of participants (participant = all members of the participating delegations: athletes, coaches, physios, etc.)
- Name, surname and contact of Team Manager (one for each delegation) who will be responsible on site.

Arrival and stay at Sports Centre Papendal – Hotel Papendal

- All team members (athletes and staff) will take an antigen test (rapid test) for SARS-CoV-2 at arrival.
- Either throat or saliva samples will be taken and antigen (rapid) tests will be done by certified medical people.
- These tests will be organized by LOC Papendal. They will be held in a meeting room at Hotel Papendal.
- Repeatedly all team members (athletes and staff) will take an antigen test (rapid test) for SARS-CoV-2 **every day**.
- The throat or saliva samples will be taken from 08:00 to 10:00 at Hotel Papendal, according to a schedule provided by LOC Papendal.
- Due to the early start of competition on Sunday, throat or saliva samples will be taken for those that require a test for the Sunday, on Saturday from 16:00 to 22:00 at Hotel Papendal. You must bring your ID when you take the tests

Costs antigen test*: € 25,00

Testing for travel to exit the Netherlands

It is also possible to take a test with certificate at Papendal from Saturday evening onwards to travel out of the Netherlands.

- In order to enable the teams and officials (Commissaires, UCI personnel, ITA personnel, etc.) to reach their home countries, the LOC Papendal will offer a PCR test on saliva or throat sample.
- On request

Costs antigen test (incl certificate)*: € 60,00

Cost PCR test (incl certificate)*: € 95,00

* On arrival at Papendal all tests must be paid for. You will receive an invoice. The payment can be in cash, bank or credit card.

Arrival at Hotel Papendal

- The delegation manager takes all documents to register everyone at the Reception desk. Others stay outside until room keys are received. Social distancing must be observed. **No room change is allowed.**
- All participants have to take their luggage, wear masks and proceed DIRECTLY to their own room.
- After you have placed your luggage in your room, you will go to the covid-19 test location in hotel Papendal.
- The Team Manager will receive an invoice for the tests and will be required to make payment before leaving the testing area.
- Samples will be taken and antigen (rapid) tests will be done as previously reported.
- After the sample has been taken, a waiting room at the test location is available and you must remain in this waiting room until your test result is available (approximately 15 minutes)
- **ONLY after the negative test result is obtained**, the participants are allowed to leave the waiting room.
- Following the rules in this protocol, it is allowed to walk around outside, but stay on the Papendal site.

For the meals, a separate room is set up in the hotel where the teams can have breakfast, lunch and dinner.

Quarantaine

- Anyone tested PCR positive for SARS-CoV-2 virus at any time is to be quarantined in a single hotel room. It is not allowed to leave the hotel room during the period of quarantine.
- <https://www.government.nl/topics/coronavirus-covid-19/tackling-new-coronavirus-in-the-netherlands/self-quarantine>
- Persons can only leave quarantine if they are symptom free for at least 24 hours, and upon expiration of a minimum 7 days period.
- **Close contacts** to a positive Covid case are,
 - a) Roommates, persons who share the same hotel room,
 - b) Persons who in total (within 24 hours) had contact with the confirmed person for more than 15 minutes at a distance of less than 1.5 meters during their contagious period,
 - c) Persons who had prolonged contact (longer than 15 minutes) with the confirmed person more than 1.5 meters away in the same room, for example during meetings.
- The identification of contact cases with a confirmed COVID-19 case is the responsibility of the COVID doctor, in coordination with the team doctor and the competent health authorities.
- If a person is **PCR negative but was in close contact** with a positive person, he/she will not be quarantined.
- Additional measures can be required by local health authorities (epidemiological service) and will be applied on case by case basics.
- The hotel room of anyone that is quarantined will not be serviced by hotel housekeeping. Fresh towels and linen will be provided in a laundry bag. Meals will be delivered to the room on a serving tray. Disposable plates and cutlery will be used.

Reporting COVID-19 related symptoms

Anyone who shows any of the symptoms below must stay in their room and inform their Team Manager **and** the Papendal covid-19 coordinator.

Symptoms of COVID-19 (see figure 1):

- symptoms of a cold, like snot nose, runny nose, sneezing, sore throat
- Coughing
- Dyspnea
- Fever 38°C or above
- Sudden loss of sense of smell and/or taste
- Headaches
- Abdominal pain

Protocol for participation in training

Triage of complaints fitting COVID-19 prior to each training session

- If someone has any complaints, even though it is mild, stay at your hotel room. Do not take part in the training. Please directly inform your Team Manager and Papendal Covid-19 doctor.
- The Covid-19 doctor will put the athlete in quarantine in a single room and will organize a PCR-test. Until the test result is known, the interaction with others is avoided.

General hygiene rules

- Keep a 1.5 m distance at all times.
- Wear a facemask (cover mouth and nose) at all times. Exceptions: during training.
- Wash your hands frequently and use disinfection lotion at the public pumps on Papendal. In any case, disinfect your hands before and after every training session, and before and after every meal.
- No handshake.
- Cough or sneeze into your elbow.
- Follow the directions of signs and of Papendal co-workers at all times.
- Sport center Papendal has the right to refuse the entrance due to Covid-19 outbreak.

Specific rules during the event

- 1) Separate pathways will be arranged for entry and exit
 - the BMX stadium,
 - all technical areas,
 - the media area,

- 2) The communal areas accessible with accreditation will be arranged to allow for physical distancing (min 1.5 m between people), especially;
 - in official areas
 - in VIP areas.

- 3) The working conditions in the media centre will be arranged. The media centre reserved for the written and spoken press, will be adapted both in terms of space, access and working conditions.
 - the media centre will be organised to maintain a distance of 1.5 m between workstations. Hydro-alcoholic gel will be available at the entrance and exit.
 - the mixed zone will be enlarged, ventilated; all journalists should wear a mask, maintain a physical distance with the riders and use a pole mounted microphone for interviews.

- 4) Restrict spectators.
 - the presence of spectators in the finish area will be banned;
 - spectators in the stands, will be assigned seating.

- 5) Hydro-alcoholic gel will be available upon entrance and exit to the BMX stadium, technical zones, media centre and spectator areas.

- 6) A cleaning schedule will be defined for any restrooms and disinfection of common areas and equipment;
 - regarding the toilets, it will be ensured that there are enough stations on the site.
 - regular cleaning of high touch areas and all contact points will be ensured (door handles, switches, etc.);
 - availability of hand sanitizers at strategic points.

- 7) Waste bins for contaminated items will be available at many points on the venue, to allow for the safe disposal or storing of all hygienic materials.

8) The protection of the rider's bubble will be ensured.

a- The daily health checks of riders during the Event are under the responsibility of the team.

b- The riders and team staff area cannot be entered without proof of a negative test. Each person will get this proof after a negative test in de Covid-19 centre.

c- The access to the staging and start area will be limited to the necessary persons only.

The access to the staging area will be limited to a maximum of 2 runs of 8 riders for BMX Racing. A distance of 1.5 m should be maintained between the lanes, and between 2 riders in the same lane. From the staging area to the starting ramp, riders should wear a mask; the masks will be placed in regulatory containers when entering the start gate.

d- The access to the finish area will be limited as much as possible. Access to the finish area will be permitted for essential people only (1 person per rider, a few photographers), and impose the wearing of a face mask).

Specific rules the event

1) Adjustment of the awards ceremony;

- the size of the crowd will be limited, respecting social distancing (as per national health regulations).
- 1.5 m pre-podium boxes will allow the riders wait their turn to stand on the podium.
- the podium blocks will be placed 1.5 m apart.
- riders will be authorized to remove their mask for a few minutes on the podium at the end of the ceremony for the photographers.
- riders will collect their medals/trophies after hand sanitising.
- riders will be requested not to touch each other during the podium ceremony
- the number of photographers in front of the podium will be limited.

2) The anti-doping station and procedures will be consistent with the ITA and UCI requirements.

Insurance

It is the responsibility of the National Federation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs.

Plan BMX Venue

